

NAVAL BASE CORONADO



SAF-T-LINES



APRIL 2005

RECREATIONAL OFF-DUTY SAFETY

BASEBALL AND SOFTBALL

PITCHING TOO LONG OR TOO MANY INNINGS

Many injuries occur from excessive pitching. Most organized baseball leagues have guidelines about the number of innings that can be pitched, usually based on the player's age. While there is no concrete guideline for the number of pitches allowed, a reasonable approach is to count the number of pitches thrown and use 80 to 100 pitches as a maximum in a game, and 30 to 40 pitches in a practice. Any persistent pain should disqualify a person from playing until pain subsides.

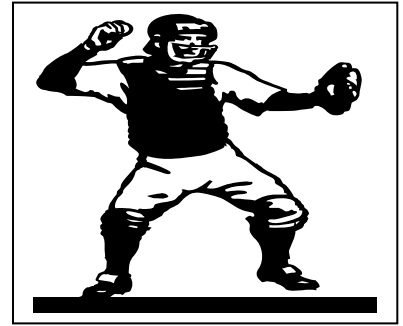


BREAKAWAY BASES

Many players get injured while sliding into bases. Installing breakaway bases on playing fields could significantly lower the number of these mishaps. A breakaway base is snapped onto grommets attached to an anchored rubber mat that holds it in place during play. When the runner slides into the base, it can be dislodged to avoid direct contact and injury. During normal base running, the breakaway base is stable and will not detach.

PROTECTIVE GEAR

Protective equipment is one of the most important factors in minimizing the risk of injury in baseball. This equipment must fit properly and be worn correctly.



- Wear a batting helmet at the plate, when waiting a turn at bat, and when running bases.
- Face masks that are attached to batting helmets are available in some youth leagues. These devices can help reduce the risk of serious facial injury if hit by a ball.
- The catcher must always use a catcher's mitt. If you play another position, ask your coach about specific size requirements for your mitt.
- Catchers should always wear a helmet, face mask, throat guard, long-model chest protector, protective supporter, and shin guards when catching batting practice and during games.
- Most youth leagues prohibit the use of shoes with steel spikes. Instead, wear molded, cleated baseball shoes.
- Inspect the playing field for holes, glass, rocks, and other debris.

Stay in condition year-round with some form of regular exercise. Start with something as simple as brisk walking.

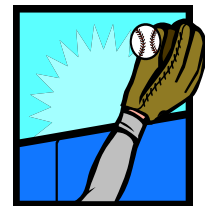
Someone (a teammate, referee or spectator) should know first aid. Make sure someone on your team carries first aid equipment, particularly ice or ice packs.

Don't go straight from your car onto the field. Arrive early and warm up with a walk or an easy jog. With sports where there are bursts of vigorous activity interspersed with inactivity, it's a good idea to move around or stretch during the idle period.

Stretch before the game, but not when muscles are cold. Warm up a little first, and then stretch gently. Afterwards, if you have had a vigorous workout, you can stretch more intensely. Learn stretches that are appropriate for your sport.

Drink plenty of water or other fluids such as sport drinks during and after the game.

If you start to feel pain, discomfort or fatigue, get your coach to put in a substitute. Don't over do it.



GREEN GREEN GRASS AT HOME LETS MOW THE LAWN!!!



LAWNMOWER SAFETY TIPS:

Source: <http://safetycenter.navy.mil/safetips/lawnmower-p.htm>

1. Buy a lawnmower that has a "kill switch" built into the handle, so that when you release the handle, the engine stops and the mower stops moving.
2. There are sensible age limits for mowers. To use a riding mower, you ought to be at least 16 years old. For regular, walking mowers, 12 years old.
3. Wear strong shoes or boots, not flip-flops or sneakers.
4. Pick up rocks, sticks, pinecones, and toys before mowing, even if you are using a mower that collects the clippings automatically.
5. Wear goggles or safety glasses, and wear hearing protection. Once you get used to protecting your hearing, you'll be amazed at how annoyingly noisy a mower is when you aren't wearing anything.
6. Don't mow when other people are nearby.
7. Put gas in your edger and mower outside, and do it before you start, not during.
8. If you are going to remove or replace the blade, disconnect the spark plug first.
9. Turn off the mower and wait for the blade to stop spinning before you empty the grass catcher, unclog something from the blade or under the mower, or push the mower across rocks or gravel.
10. Riding mowers aren't meant to carry passengers.

SOAPBOX SUDS

Ahhh, spring is here. Everything is new and beautiful. New life, new buds on the trees, new baseball season. Beautiful flowers and beautiful weather. Oh, and before I forget ... a new round of allergies. Just beautiful. I have to admit that as much as I enjoy spring; I dread the sneezing, itchy eyes, runny nose, and overall body malfunction. True, many of you don't have to worry about allergies, but for those who do, I want you to keep something in mind. If you're like me, you medicate yourself with a prescription or over-the-counter drug. Remember that some of those medications will make you drowsy, and while medicated you shouldn't operate a motor vehicle or machinery. On the road, you're just as dangerous as a drunk driver, and yes, you would be driving under the influence. If you're operating machinery, your decreased reaction time may result in lost fingers, toes, eyes, or nose.



HAZMAT: REPRODUCTIVE HAZARDS

Exposure to reproductive hazards in the workplace is an increasing health concern.

Reproductive hazards are substances or agents that affect the reproductive health of women or men or the ability of couples to have healthy children. Radiation, some chemicals, certain drugs (legal and illegal), cigarettes, some viruses, and alcohol are examples of reproductive hazards? These hazards may cause problems such as infertility, miscarriage, and birth defects. Occupational exposure to reproductive hazards such as workplace chemicals, and physical and biological agents can cause damage to the reproductive systems of both male and female workers.



Occupational exposures to reproductive hazards can produce a wide range of effects on reproduction. The effects of parental exposure before conception include reduced fertility, unsuccessful fertilization or implantation, an abnormal fetus, reduced libido, or menstrual dysfunction. Maternal exposure after conception may result in prenatal death, low birth weight, birth defects, developmental or behavioral disabilities, and cancer. Harmful substances can enter the body by inhalation, contact with the skin, or ingestion (if workers do not properly wash their hands before eating, drinking, or smoking). Workplace substances that affect male workers may also indirectly cause harm to their families. Certain substances unintentionally brought home by a worker may affect a woman's reproductive system or the health of an unborn child. Recognizing potential reproductive hazards is key in preventing and minimizing their effects.

Workplace implementation of engineering controls and work practice guidelines can help reduce or prevent exposures to reproductive hazards. Workers should participate in all safety and health education, training, and monitoring programs offered by their employers. Training includes; proper work practices, engineering controls, and personal protective equipment (i.e., gloves, respirators, and personal protective clothing) that can be used to reduce exposures to hazardous substances.

SOURCE: <http://www.osha.gov/SLTC/reproductivehazards/>

NAVOSH TRAINING

CPR CERTIFICATION CLASS

Date: 12 April and
Where: Bldg 678, Classroom 222
Time: 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or "E" mail Thomas.hirzel@navy.mil to reserve a seat.

RESPIRATOR TRAINING CLASS

Date: 12 April and
Where: Bldg 678, Classroom 222
Time: Respiratory Program Assistant – 0800-1200
Respiratory Protection Program (Users)- 1300-1430
Please call Mr. Tom Hirzel at (619) 767-7546 or "E" mail Thomas.hirzel@navy.mil to reserve a seat.

RECALL CORNER

Source: U. S. Consumer Product Safety Commission
<http://www.recalls.gov/>

Hotline: (800) 638-2772

The Elegant Kids 2000 Inc., of Los Angeles, CA is voluntarily recalling about 34,500 **Soother Baby Pacifiers**. The pacifiers measure about 2-1/2 inches in length and 2 inches in width. The pacifiers are blue, green, and yellow and pink and have a tan tinted nipple with a curve plastic handle and shield.

Manufactured in: Thailand

Hazard: The pacifiers are banned under federal law. They failed federal safety tests when the nipples separated from the base and can pose a choking hazard to infants and small children.

Consumer Contact: The Elegant Kids 2000 Inc. collect at (213) 627-6716 between 8 a.m. to 5:30 p.m. PT Monday through Friday.



Ocean Desert Sales Inc., of Philadelphia, PA is voluntarily recalling about **18,500 Stuff Yarn Bunny**. The stuffed bunny is about 8-inches tall wearing a skirt or overall shorts in various colors including purple, turquoise and pink. The skirt and overall shorts are decorated with heart and flower buttons, and there is a bow tie at the neck in checked pattern colors including green and pink. The eyes are round black beads.

Hazards: The eyes can detach from the stuffed animal, posing an aspiration hazard to young children. Additionally, the heart and flower button decorations also can detach, posing a choking hazard. **Manufactured in:** China

Consumer Contact: Contact Ocean Desert Sales at (800) 252-1931 between 8 a.m. and 4 p.m. ET Monday through Friday.

QSP Inc., Pleasantville, New York is voluntarily recalling about 555 **Battery-Powered Flying Saucer Toys**. Flying saucer battery-powered toys with model numbers 83153 and 3321 consists of a 9-inch diameter foam saucer with rechargeable motor at its hub with a plastic propeller under the motor. Each toy also comes with an AC adapter for recharging the saucer's batteries. No other models are affected.

Hazards: The Flying Saucer can overheat while charging, resulting in the plastic motor cover starting to melt, creating a risk of burns to children handling the toy. **Manufactured in:** China and Hongkong

Incident /Injuries: QSP has received five reports of overheating. There has been no report to injury.

Consumer Contact: QSP Inc. at (800) 966-4540 between 9 a.m. and 5 p.m. ET Monday through Friday.



NAVOSH INSPECTION (ANNUAL) SCHEDULE

COMMAND	DATE
DIRECTOR OF ADMINISTRATION	04 APR
COMPTROLLER/RESOURCE MANAGEMENT	04 APR
DIRECTOR OF CIVILIAN PERSONNEL	05 APR
DIRECTOR OF INFORMATION TECHNOLOGY	05 APR
DIRECTOR OF LEGAL SUPPORT	05 APR
DIRECTOR OF COMMAND EVALUATION	06 APR
DIRECTOR OF RELIGIOUS SERVICES	11 APR
RETAIL SUPPLY/PROCUREMENT (FISC)	12 APR
NAVCOMTELSTA	19 APR
COMSEACONTROLWINGPAC	25 APR
FLEET INFO WARFARE CENTER DET SD (FIWC)	28 APR
DIRECTOR OF PUBLIC AFFAIRS	28 APR
BQ HOUSING (SHELTERING)	03 MAY
FOOD SERVICES	10 MAY
SECURITY TRAINING ASSISTANCE ASSESSMENT TEAM	10 MAY
CONSTRUCTION BATTALION UNIT 405	17 MAY
COMMANDER, EXPLOSIVE ORDNANCE DISPOSAL GROUP 1	23 MAY
DEFENSE AUTOMATED PRINTING SERVICES (DAPS)	24 MAY
FLEET IMAGING COMMAND PACIFIC (FICP)	31 MAY
DEFENSE REUTILIZATION MARKETING OFFICE (DRMO)	31 MAY

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED AT BLDG 678 RM 227

ROBERT L. CHATMAN - SAFETY MANAGER – 545-1049

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DEL RIVERA - 545-4198

THOMAS HIRZEL – 767-7546
CHUCK RITCHIE - 545-1055

The Navy Occupational Safety and Health Department of Naval Base Coronado publish SAF-T-LINES. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.